



Pre-K 4 SA Menu: March 28th - April 1st

(Cycle: Week 4, Day 16 - 20)

FIELD TRIP @ NORTH - 60 SACK LUNCHES

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	28-Mar		29-Mar		30-Mar		31-Mar		1-Apr	
Breakfast	Toasty O's Cereal	1 oz/1 ea	WW Pancakes		Breakfast Sandwich		Turkey & Swiss Bagel		Fruit & Yogurt Plate	
	Fresh Whole Fruit	1/2 cup	Turkey Sausage Links		Egg Patty		Sliced Turkey		Vanilla Yogurt	
	Milk	8 fl oz	Dragon Punch Juice		Sliced Cheese		Swiss Cheese		Granola	
			Milk		WW English Muffin		WW Bagel		Strawberries/Blueberries	
					Fresh Fruit Cup		Cinn./Raisin Apples		Milk	
					Milk		Milk			
			(Syrup)							
Lunch	Cut Turkey Breast	2.5 oz	Spaghetti & Chicken Meatballs		Beef Hot Dog		Chicken Ranchero		Cold Ham & Cheese Sandwich	
	WW Roll	2.25 oz/1 ea	Chicken Meatballs		Beef Frank		Diced Chicken		Sliced Ham	
	Brown Gravy	2 oz	WW Spaghetti		WW Hot Dog Bun		Ranchero Sauce		Sliced Cheese	
	Garlic Mashed Potatoes	1/2 cup	Spaghetti Sauce		Sweet Potato Tots		Spanish Brown Rice		WW Bread	
	Steamed Peas	1/2 cup	Steamed Broccoli		Green Beans & Tomatoes		Pinto Beans		Crunchy Cauliflower	
	Milk	8 fl oz	Applesauce Cup		Milk		Fresh Whole Fruit		Mandarin Oranges	
			Milk				Milk		Milk	
					(Ketchup;Mustard)				(Ranch Dressing)	
Snack	WG Apple Cinnamon Bear	1 oz/1 ea	Marranitos		Celery Sticks		Pineapple Cereal Bar		WW Chocolate Chip Cookie	
	Raisins	1.5 oz/1 ea	Mozzarella String Cheese		Sun Butter		Milk		Wango Mango Juice	
Late Snack	WG Animal Crackers	1.1 oz/1 ea	Baby Carrots		Cheddar Rectangle		WG Vanilla Graham		White Cheddar Popcorn	
	100% Apple Juice	4 oz/1 ea	Multi-Grain Sun Chips		WG Cinnamon Goldfish		Corn Nuts		Diced Pear Cup	

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SACK LUNCH

MONDAY